

William F. Weld
Governor
Charles D. Baker
Secretary
David H. Mulligan
Commissioner

The Commonwealth of Massachusetts
Executive Office of Health and Human Services
Department of Public Health
150 Tremont Street
Boston 02111

December 1992

Dear Family Day Care Provider:

We now know that secondhand smoke is harmful to the health of infants and children. Recently, several communities in Massachusetts participated in the Smoke-Free Child Care Project. The goal was to help family day care providers and parents understand the need to protect children from the dangers of secondhand smoke.

Materials were developed in English and Spanish with the assistance of family day care providers, health care personnel and other members of the communities involved in the program. This packet contains the following materials:

- Smoke-Free Child Care Booklet
- Brochure
- The Coquí Story
- Coquí Coloring Book
- Coquí Stickers
- Smoke-Free Child Care Study Guide

The Booklet and brochure provide an overview of the importance of a smoke-free environment for children. Please share them with parents and others who care for children. The Coquí Story, coloring book, and stickers are designed for the children. The Study Guide includes additional information and offers suggestions about what you can do to work toward a smoke-free community. Each person can take a small part as we address this growing public health problem.

We hope that you will find these materials helpful. If you have questions or comments, please call (617) 727-0732.

Sincerely,

Project Staff



MASS. HS30.1002: Sm 75/packet #1



William F. Weld
Governor
Charles D. Baker
Secretary
David H. Mulligan
Commissioner

The Commonwealth of Massachusetts

Executive Office of Health and Human Services

Department of Public Health

150 Tremont Street

Boston 02111

RECEIVED
COLLECTION
OCT 07 1985
UNIVERSITY OF MASSACHUSETTS
LIBRARY ONLY

Smoke-Free Child Care Project

Secondhand smoke is harmful to the health of infants and children. Two of the enclosed packets contain materials which have been used to help family day care (FDC) providers, parents, and children learn what they can do about this important public health concern. One set is designed for English speaking FDC providers, the other includes materials in Spanish. This packet contains an outline for a training program, clean copy for preparing overheads or posters, and a reference list.

The print materials were developed as part of a Joint Project of the Massachusetts Department of Public Health and the Massachusetts Health Research Institute, Inc. and supported in part by a grant from the Maternal and Child Health Bureau (Title V, Social Security Act), Health Resources and Services Administration, U.S. Department of Health and Human Services.

We hope that you will find the program helpful. If you have questions or comments, or want additional information about these materials, please contact the Office for Nonsmoking and Health at (617) 727-0732.

References for the Smoke-Free Child Care Project

United States Department of Health and Human Services. *The Health Consequences of Involuntary Smoking: A Report of the Surgeon General*. U.S. Department of Health and Human Services, Public Health Service, Centers for Disease Control, Center for Health Promotion and Education, Office on Smoking and Health. DHHS publication No (CDC) 87-8398, 1986.

United States Department of Health and Human Services. *Is Your Baby Smoking?* U.S. Department of Health and Human Services, Public Health Service, Centers for Disease Control, Center for Health Promotion and Education, Office on Smoking and Health. DHHS Publication No (CDC) 87-8401.

United States Department of Health and Human Services. *Smoking Tobacco & Health, A Fact Book*. U.S. Department of Health and Human Services, Public Health Service, Centers for Disease Control, Center for Chronic Disease Prevention and Health Promotion, Office on Smoking and Health. DHHS Publication No (CDC) 87-8397 (Revised 10/89).

United States Department of Health and Human Services. *Is Your Baby Smoking?* U.S. Department of Health and Human Services, Public Health Service, Centers for Disease Control, Center for Health Promotion and Education, Office on Smoking and Health. DHHS Publication No (CDC) 87-8401.

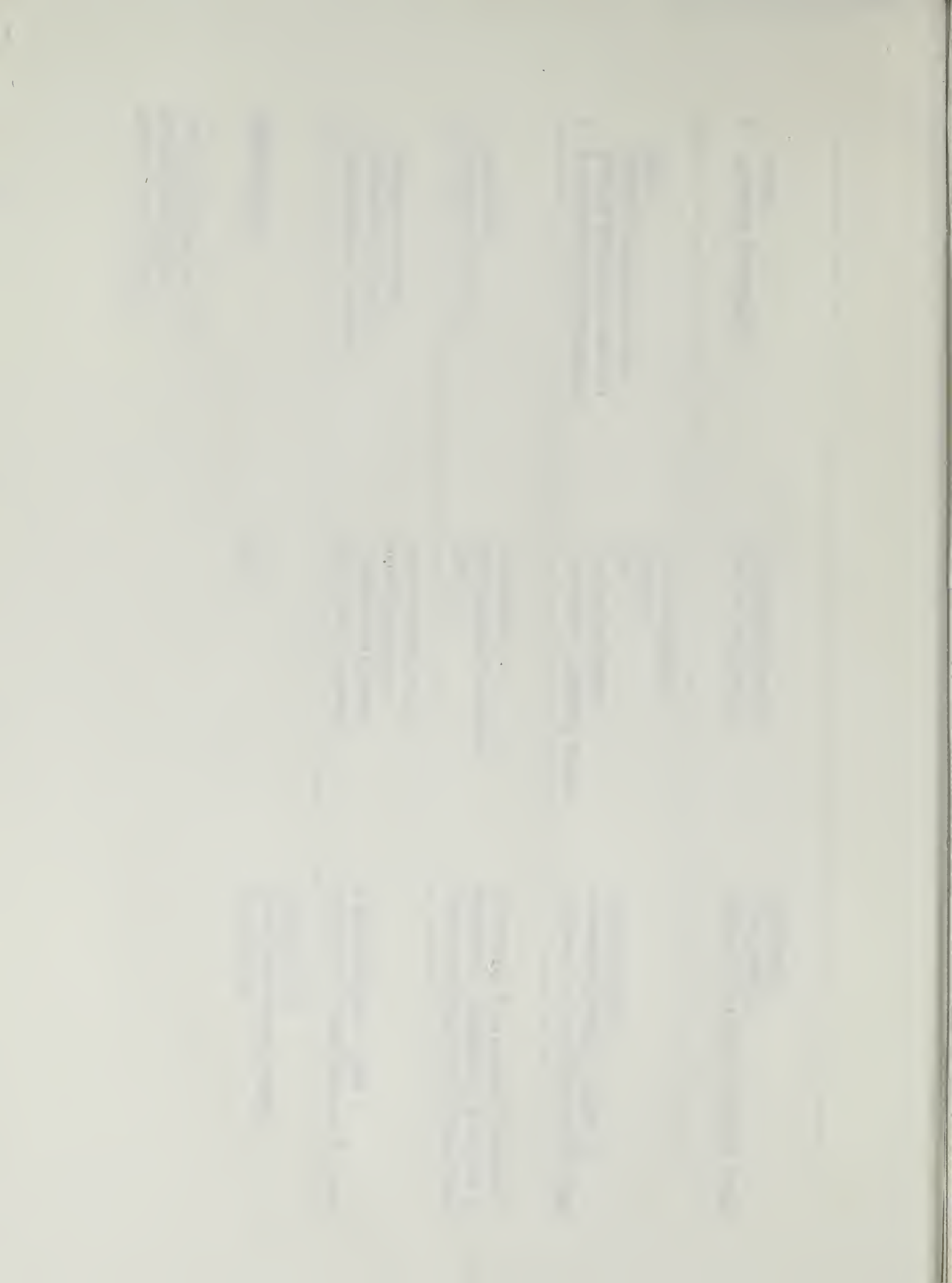
United States Department of Health and Human Services. *Executive Summary, SMOKING AND HEALTH, A National Status Report, 2nd Edition, A Report to Congress*. U.S. Department of Health and Human Services, Public Health Service, Centers for Disease Control, Center for Chronic Disease Prevention and Health Promotion, Office on Smoking and Health. DHHS Publication No (CDC) 87-8396 (Revised 02/90).

United States Department of Health and Human Services. *Nurses: Help Your Patients Stop Smoking*. U.S. Department of Health and Human Services, Public Health Service, National Institutes of Health. NIH Publication No 90-2962 October 1990.



Training Session Outline
Secondhand Smoke
Family Day Care Providers

<u>OBJECTIVES</u>	<u>TOPIC</u>	<u>MATERIALS</u>
1. To provide an overview of the session and obtain baseline information	<ul style="list-style-type: none">- Objectives of Session,- Content and Pretest- Initial definition of Secondhand Smoke	Smoke-Free Child Care Study Guide A Smoking Quiz - Page 1
2. To define the hazards of smoking	<ul style="list-style-type: none">- Statistics- Brief discussion of risks of smoking	Smoke-Free Child Care Study Guide Answers to Questions 1 & 2 (Page 2) Overheads #1-6 (Risks of Smoking)
3. To list three major substances found in tobacco smoke and describe their effect on the body	<ul style="list-style-type: none">- Chemicals in tobacco smoke- Carbon monoxide- Tar- Nicotine- Other substances	Smoke-Free Child Care Study Guide Answer to Question 3 (Page 2) Overheads #7-8
4. To define secondhand smoke	<ul style="list-style-type: none">- Review definition of Secondhand smoke	Smoke-Free Child Care Study Guide (See Page 3) Overhead 9



5. To describe the effect of secondhand on the baby

- Your Baby is Smoking Too
- Health risks

Smoke-Free Child Care Study Guide
Answers to Questions 4 and 5 (Page 2)
Overheads 10 - 12

6. To describe the influence of parents' smoking

- Importance of role models

Smoke-Free Child Care Study Guide
Answer to Question 6 (Page 2)
Overhead 13

7. To introduce videotape and review key points

- Secondhand Smoke

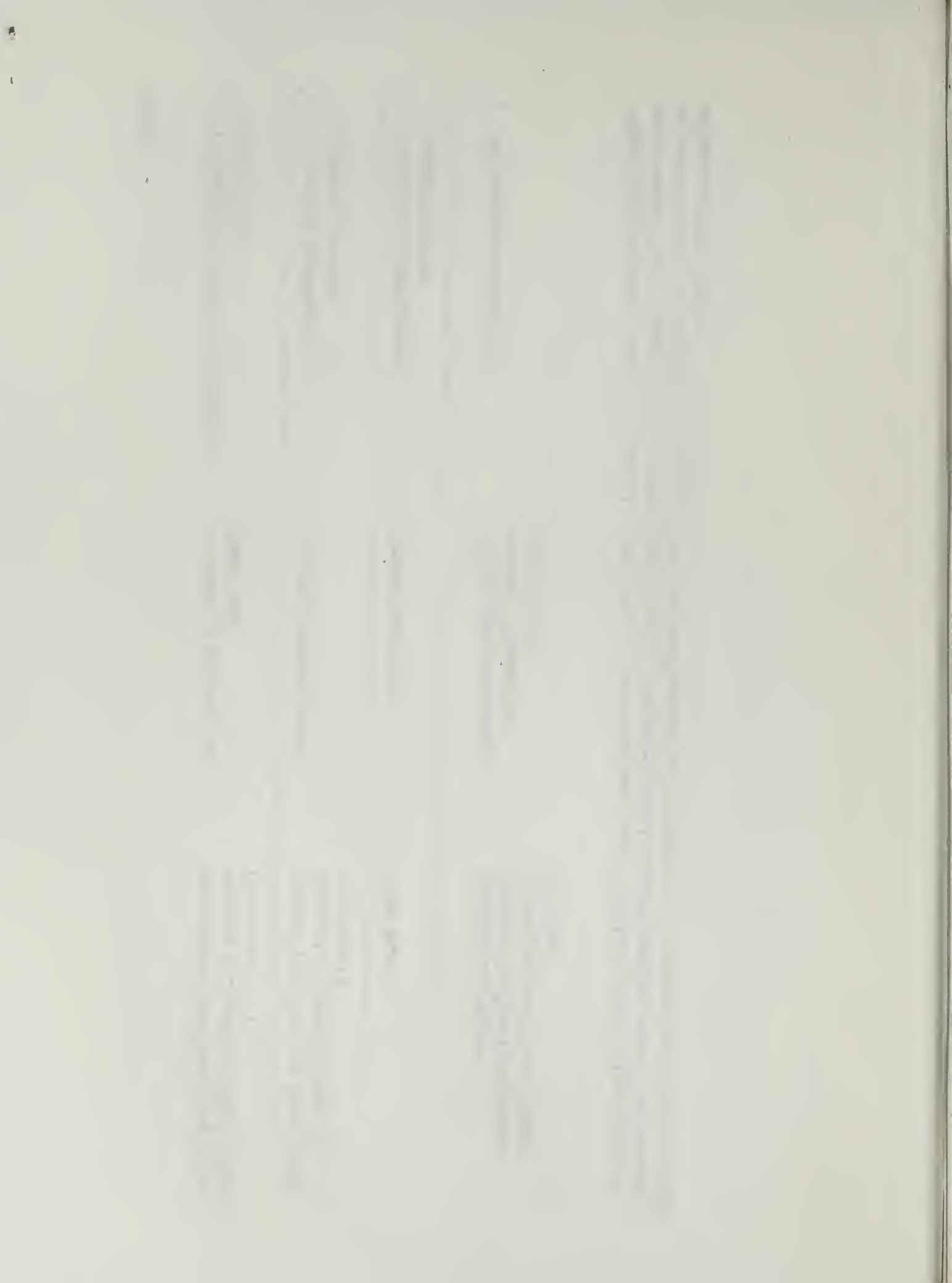
Video tape*

8. To develop an action plan

- Situations/Problem solving
- Helping a Smoker Quit
- Write out plan

Study guide (Pages 4 - 6)
Smoke-Free Child Care Booklet
Coqui Story and Coloring Books
Brochures

*Video tape is available on loan at no charge from the Office of Nonsmoking and Health at the Massachusetts Department of Public Health. This 17 minute video is narrated by Jack Klugman. A light approach to a deadly subject, stressing the hazards of secondhand smoke, its contribution to indoor pollution, and its effects on the unborn child, young children and individuals living and working with a smoker.



Secondhand Smoke: A Training Program for Family Day Care Providers

**Clean Copy for Overheads, Poster
Presentation or Flip Chart**

These single page, large print copies provide the answers to the Smoking Quiz in the Smoke-Free Child Care Booklet. They can be reproduced as overhead transparencies or on colored paper for use on a poster or flip chart.

Each page corresponds to the numbers listed in the MATERIALS section of the Training Session Outline on Secondhand Smoke.

Securities Market: A Training Program
for
Family Day Care Providers

Grand Study for Overseas Market
Foundation of Bill Chase

These three pages have only been listed
in response to the question in the table.
First Grand Study Report. This one is especially
important because it is a detailed report
on the market.

This was submitted to the Board of Trustees
of the National Association of Public Employees
in the early part of the 1970's.

**Cigarette
Smoking Has
Been Identified
As The Most
Important
Preventable
Cause of Death
In Our Society.**

Cigarette
Smoking Has
Been Identified
As The Most
Important
Preventable
Cause of Death
in Our Society.

**It Is Estimated
That 430,000
Americans Die
Each Year
From Diseases
Caused By
Smoking.**

It is estimated
that 430,000
Americans die
each year
from diseases
caused by
smoking.

**This Is
More Than
1000 People
Each Day.**

Accidents,
Homicide and
Suicide Combined

This is
More Than
1000 People
Each Day.

**Smoking Kills
More Americans
Each Year Than
Cocaine, Heroine,
Alcohol, Fire,
Automobile
Accidents,
Homicide, and
Suicide Combined.**

Smoking Kills
More Americans
Each Year Than
Cocaine, Heroin,
Alcohol, Fire,
Automobile
Accidents,
Homicides, and
Suicide Combined.

**Smoking
Causes The
Skin To
Age Faster
And Can
Cause
Wrinkles.**

Smoking
Causes The
Skin To
Age Faster
And Can
Cause
Wrinkles.

**SURGEON
GENERAL'S
WARNING:**

**Smoking Causes
Lung Cancer,
Heart Disease,
Emphysema, And
May Complicate
Pregnancy.**

SURGEON
GENERAL'S
WARNING:

Smoking Causes
Lung Cancer,
Heart Disease,
Emphysema, And
May Complicate
Pregnancy.

For example:

**Cigarette
Smoke
Contains
More Than
4000
Chemicals.**

Cigarette
Smoke
Contains
More Than
4000
Chemicals.

For example:

- Tar

- Carbon

Monoxide

-Nicotine

For example:

- Tar

- Carbon

Monoxide

-Nicotine

**Secondhand
Smoke Is A
Combination Of
Exhaled Smoke
And The Smoke
From The
Burning End Of
A Cigarette,
Cigar Or Pipe.**

Secondhand
Smoke Is A
Combination Of
Exhaled Smoke
And The Smoke
From The
Burning End Of
A Cigarette,
Cigar Or Pipe.

**When
Someone Near
The Baby Is
Smoking,
The Baby Is
Smoking Too.**

When

Someone Near

The Baby Is

Smoking,

The Baby Is

Smoking Too.

**Studies Show
That Children
Exposed To
Secondhand
Smoke Are
Sick More
Often.**

Studies Show
That Children
Exposed To
Secondhand
Smoke Are
Sick More
Often.

They Have More:

- * Coughs and Colds**
- * Ear Infections**
- * Asthma and Allergies**
- * Risk of Pneumonia**

They have more:

- * Coughs and Colds

- * Ear Infections

- * Asthma and

- Allergies

- * Risk of Pneumonia

**Children Of
Parents Who
Smoke Are
More Likely
To Be
Smokers.**

Children Of
Parents Who
Smoke Are
More Likely
To Be
Smokers.

MASSACHUSETTS DEPARTMENT OF PUBLIC HEALTH
COLLECTION

NOT DATED

DATE OF REVISION

Smoke-Free Child Care

A Booklet for Family Day Care Providers



Protect our children from
secondhand smoke

Massachusetts Department of Public Health



Your work with children as a family day care provider is very important. It's important both to the children and to the parents who place them in your care.

These children spend many hours a week in your home. Each day your work gives parents peace of mind, knowing that their children are being cared for in a safe place.



Children learn many things from you while they are in your home. They learn by watching you and other adults who care for them. They learn to copy what they see.



When children are around adults who smoke, they breathe harmful secondhand smoke. Secondhand smoke is a combination of exhaled smoke and the smoke from the burning end of a cigarette, cigar or pipe. Secondhand smoke has over 4000 chemicals, many harmful to the health of children.



Children exposed to secondhand smoke are sick more often. They have more:

- coughs and colds
- ear infections
- asthma and allergies
- risk of pneumonia



Please help us to protect our children!
Here are some things you can do ...

- Remember that secondhand smoke is harmful to children.
- If you smoke, do not smoke while the children are in your home.
- Ask others not to smoke around the children.



Family day care providers and parents working together to protect children from secondhand smoke.

Resource Information

This brief booklet has told you about the importance of protecting children from secondhand smoke. The following list of resources is offered for family day care providers and others who want information about becoming nonsmokers.

Smoking Cessation Programs:

American Cancer Society

Telephone numbers: (617) 267-2650
1-800-952-7664

Locations throughout Massachusetts

Write the local number here:

American Heart Association

Telephone number: (508) 620-1700

Locations throughout Massachusetts

Write the local number here:

American Lung Association of Massachusetts

Telephone number: (617) 267-9720

Locations throughout Massachusetts

Write the local number here:

Cancer Information Service

Telephone number: 1-800-4-CANCER

Massachusetts Department of Public Health

Office for Nonsmoking and Health

Telephone numbers: (617) 727-0732
1-800-562-0102

Call for pamphlets, self help guides and program information. A statewide listing of smoking cessation programs is available from the Office of Nonsmoking and Health. Also, check with your physician, nurse, local health center or hospital.

Your physician, nurse, local health center or hospital

Write the numbers here:



A Joint Project of
the Massachusetts Department of Public Health
and
the Massachusetts Health Research Institute, Inc.

Supported in part by Project # MCJ-256024 from the
Maternal and Child Health Bureau
(Title V, Social Security Act)
Health Resources and Services Administration
U.S. Department of Health and Human Services

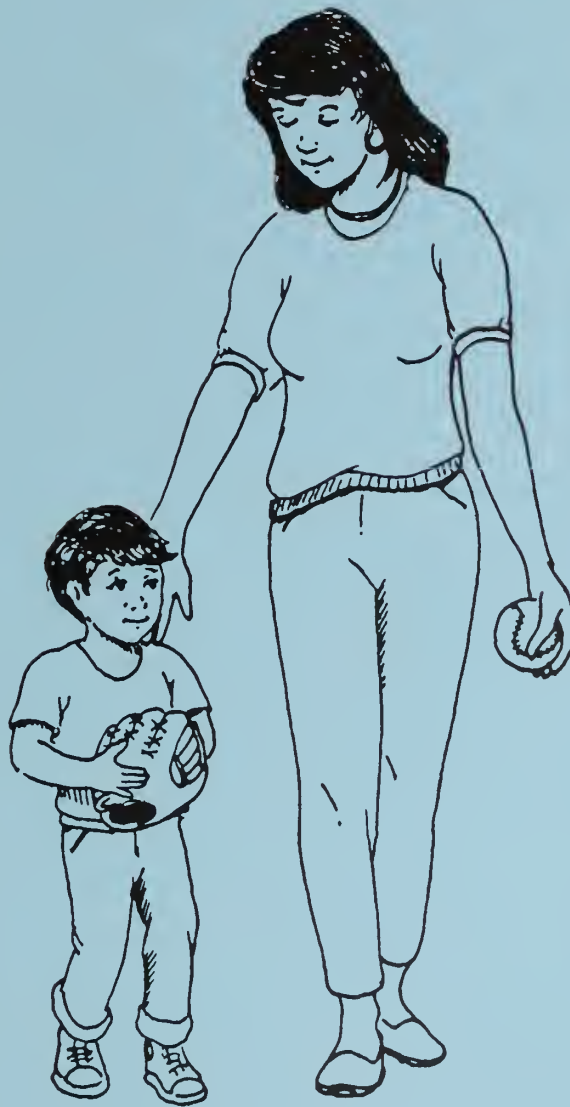
Honorable William F. Weld
Governor, Commonwealth of Massachusetts

David P. Forsberg
Secretary, Executive Office of Health and Human Services

David H. Mulligan
Commissioner, Department of Public Health

This booklet was developed by project staff with the assistance of family day care providers,
health care personnel and other members of the communities involved in the program.

Keep Children Smoke-free!



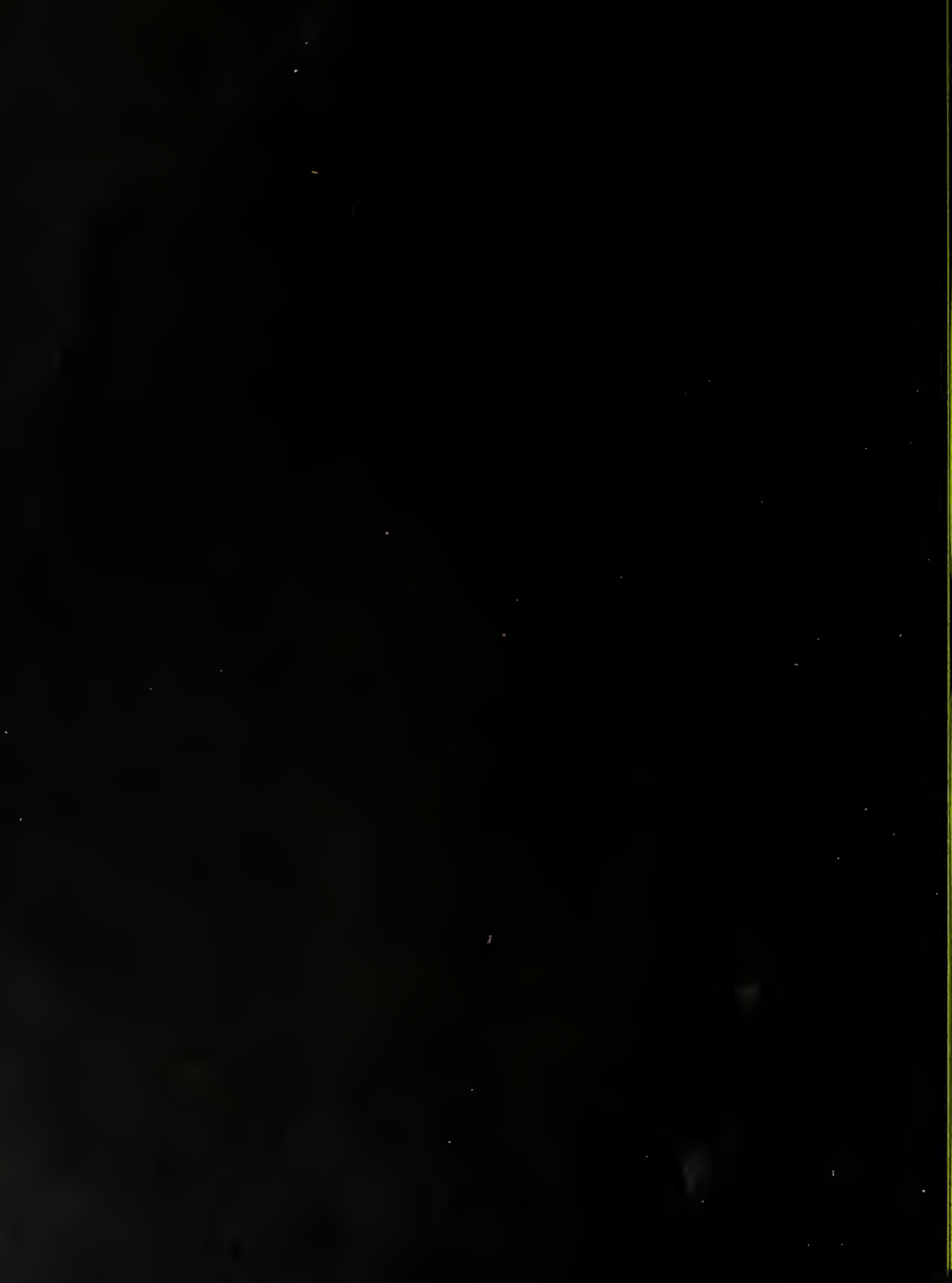


MASS. HS30.1002: Sm75/packet #3



**Children learn many things
by watching adults.**

They copy what they see.



Children of parents who smoke are more likely to be smokers.

When parents smoke, their children breathe harmful secondhand smoke.



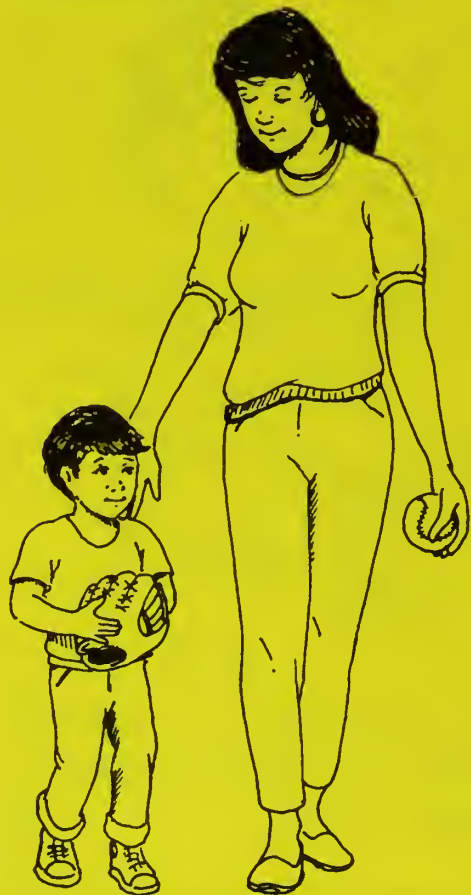
Secondhand smoke is a combination of exhaled smoke and the smoke from the burning end of a cigarette, cigar or pipe.

Secondhand smoke has over 4000 chemicals. Many are harmful to the health of your children.

Protect them from secondhand smoke!



Keep your children Smoke-free!



A Joint Project of
the Massachusetts Department of Public Health and
the Massachusetts Health Research Institute, Inc.

Supported in part by Project # MCJ-256024 from the
Maternal and Child Health Bureau (Title V, Social Security Act)
Health Resources and Services Administration
U.S. Department of Health and Human Services

UNIVERSITY OF MASSACHUSETTS
COLLECTION
APR 15 1993
Library of Massachusetts
Library Copy

Coquí Likes His Air Smoke-Free



Coloring Book



I like the way things smell when there is no smoke in the air.



**Smoke hurts my eyes
and makes me cough.**



I want my air to be... Smoke-Free

A Joint Project of
the Massachusetts Department of Public Health and
the Massachusetts Health Research Institute, Inc.

Supported in part by Project #MCJ256024 from the Maternal and Child Health Bureau
(Title V, Social Security Act) Health Resources and Services Administration
U.S. Department of Health and Human Services

Design: Ana Maria Rodriguez and Carmen Maria Claudio
Illustrations: Hector Marreo

Coquí Likes His Air Smoke-Free

COQUI
1997
10/15/97
Devotional Copy



A Story





This is Coquí. Coquí is a little frog who lives on Puerto Rico in moist and refreshing places. He likes flowers and breathing fresh air from the valleys. He has many friends and he sings for them every night with his famous melody. If you want to sing with him, repeat his name several times: Coquí, Coquí, Coquí!



After Coquí sings all night, he goes for a walk in the valleys. Sometimes he visits his friends. This is a beautiful morning. There is a mist on the flowers and the sun is shining. Coquí feels very good as he fills his lungs with fresh air and enjoys the smell of the flowers in the garden.



Coquí stops to visit his friend José. While they are talking José lights up a cigarette. Coquí becomes sad. "Why are you sad, Coquí?" asks José. "Because the smoke from the cigarettes is bad for my health," Coquí answers. "It hurts my eyes and it makes me cough."



Coquí looks at his friend. "José, smoking is bad for everyone's health, especially children. It is bad for the smoker and for the people who breathe in the smoke from a cigarette," says Coquí. "I know that smoking hurts my lungs," José says with a sad face. José puts out the cigarette and promises Coquí that he will not smoke while they are together.



**Warning: The Surgeon General Has
Determined That Cigarette Smoking Is
Dangerous To Your Health.**

"Did you know that you can get information about why it is important to have smoke-free air?" Coquí says. "Do you think we also can find information to help someone quit smoking?" José asks. "Yes, José," Coquí responds. "If you want, I will go with you." José and Coquí agree that they will go together to get information and help.



Coquí returns home. He feels good because he is helping his friend José to quit smoking.



Now it is time for Coquí to rest. Coquí sleeps during the day since at night he has to go out and sing. We cannot say "good night" because the day just began.



A Joint Project of
the Massachusetts Department of Public Health
and
the Massachusetts Health Research Institute, Inc.

Supported in part by Project #MCJ-256024 from the
Maternal and Child Health Bureau
(Title V, Social Security Act)
Health Resources and Services Administration
U.S. Department of Health and Human Services

Honorable William F. Weld
Governor, Commonwealth of Massachusetts

David P. Forsberg
Secretary, Executive Office of Health and Human Services

David H. Mulligan
Commissioner, Department of Public Health

Original Story:
Ana Maria Rodriguez, The Spanish American Union
and
Carmen Maria Claudio, Massachusetts Department of Public Health

Illustrations: Hector Marreo

The English version was translated and adapted from the original Spanish story.



**I want my air to be...
Smoke-Free**



Smoke-Free Child Care

A Study Guide for Family Day Care Providers



Protect our children from
secondhand smoke

Massachusetts Department of Public Health



Smoke-Free Child Care Study Guide

This study guide goes with the Smoke-Free Family Day Care booklet and brochures. It has exercises to help you understand the importance of protecting infants and children from secondhand smoke.

I. A Smoking Quiz

Are these statements True or False? Check the answer you think is correct. When you are finished, see the next page for more information.

1. Cigarette smoking kills more than 1000 Americans each and every day.

_____True _____False

2. Smoking causes the skin to age faster and can cause wrinkles.

_____True _____False

3. Tobacco smoke contains more than 4000 chemicals, many harmful to everyone's health.

_____True _____False

4. When a baby is exposed to tobacco smoke, small quantities of nicotine, carbon monoxide, and other substances in the smoke pass into the baby's body.

_____True _____False

5. Children exposed to secondhand smoke are sick more often.

_____True _____False

6. Children of parents who smoke are more likely to smoke.

_____True _____False

II. Answers to the Smoking Quiz

All of the statements are True. Here is some additional information.

1. Cigarette smoking is the chief preventable cause of death in the United States. In 1988, the United States Centers For Disease Control estimated that over 430,000 Americans die each year from diseases caused by smoking. This is more than 1000 people a day. **Smoking kills more Americans each year than cocaine, heroine, alcohol, fire, automobile accidents, homicide, and suicide combined.**

2. Yes, smoking causes the skin to age faster than normal and creates more wrinkles. Smoking is also responsible for many other diseases. One of the warnings printed on a pack of cigarettes reads: **SURGEON GENERAL'S WARNING: Smoking Causes Lung Cancer, Heart Disease, Emphysema, And May Complicate Pregnancy.**

3. Tobacco smoke contains more than 4000 chemicals and is harmful to both smokers and nonsmokers. This smoke contains **tar, carbon monoxide, nicotine**, and other toxic substances. **Tar** is the dark, oily material which remains after tobacco smoke has been passed through a filter. It consists of chemical substances known to cause or promote cancer. **Carbon monoxide** is a poisonous gas. Smokers will have an increased amount of carbon monoxide in their blood which results in less oxygen for the body. **Nicotine** is the drug in tobacco that causes addiction. The habit-forming effect on the body is similar to that found with other drugs like heroin and cocaine. Other substances include ammonia, formaldehyde, arsenic, and benzene.

4. Yes, when someone near the baby is smoking, **the baby is smoking too.** Research shows that small quantities of nicotine, carbon monoxide, and other substances in the smoke pass into the baby's body.

5. **Studies show that children exposed to secondhand smoke are sick more often.** The greater the exposure, the greater the harm. Hospital admissions for bronchitis, pneumonia and other related illnesses can be twice as frequent for babies whose parents smoke. Children exposed to secondhand smoke also have more coughs, colds and ear infections.

6. When one or both parents smoke, their **children are two times more likely to become regular smokers** than children from families where neither parent smokes.

III. What is Secondhand Smoke?

Secondhand smoke is a combination of exhaled smoke and the smoke from the burning end of a cigarette, cigar, or pipe. Breathing this smoke is a cause of disease, including lung cancer in healthy nonsmokers.

IV. Review of Materials

Read the *Smoke-Free Child Care* booklet and the brochures. Then answer the following questions. Cover the answers at the bottom of the page until you are finished.

1. How many chemicals are found in secondhand smoke?

2. List some of the reasons it is important to protect children from secondhand smoke.

V. Key Points to the above questions:

1. There are more than 4000 chemicals in secondhand smoke.
2. Children exposed to secondhand smoke are sick more often. They have more coughs and colds, ear infections, asthma and allergies, and risk of pneumonia. More than 40 recent studies have reported that tobacco smoke is harmful to children.

VI. Discussion Questions

Here are some common situations. There will be different answers to these questions. Talk to your friends to find out what they would do.

1. As a family day care provider you know the hazards of secondhand smoke and your family day care home is smoke-free. You know that some of the parents are smokers. Should you say anything to them? What could you say?

2. You are a parent and do not want your child in an area where someone is smoking. The family day care provider who cares for your little boy is a smoker. You really like her and she is wonderful with the children. What could you do?

3. You know that secondhand smoke is bad for infants. Your neighbor has a new baby. When you visit, you notice she often smokes a cigarette while she feeds and cares for the infant. Should you say anything to her? What could you say?

VII. Key Points to Discussion Questions:

As you learn more about the harm of secondhand smoke, you will want to tell others the importance of keeping children smoke-free. You might ask if the person is aware of the harm of secondhand smoke. Your discussion should be presented in a non-judgmental, supportive manner. If the person is interested, share the information in the Smoke-Free Child Care Study Guide and the brochures. If they are not ready to listen to the message, leave the door open for more discussion at a future time.

VIII. Helping Someone Quit

Someone you care about wants to quit smoking cigarettes. How can you help them? If you are a nonsmoker, it may be hard for you to know how difficult it can be to quit smoking. It is important to recognize that smoking is a true addiction and not just a bad habit. The best way to help someone quit is to show understanding, patience, and give encouragement.

The person will probably have some symptoms of withdrawal within the first day they quit or cut down. Most symptoms will end within 2 to 4 weeks and many will decrease within the first few days. Some of these symptoms include:

- Feeling tense and irritable
- Anger
- Lack of Concentration/ Restlessness
- Coughing
- Hunger and Constipation
- Craving for cigarettes

What can you do to help?

Offer a "listening ear", that is, DON'T TALK, JUST LISTEN. Quitters need time to talk about their feelings.

Offer to go for a walk with the person trying to quit.

Encourage the quitter to eat healthy foods and drink a lot of water.

Suggest additional resources for quitting. See page 6.

And again, be patient. Remember, it often takes several quit attempts before people are successful.

What do you think are the most important things you can do to help someone stop smoking? If you were a smoker, what was helpful to you?

IX. Action Plan

You now have information about the harm of secondhand smoke. You may want to tell others what you have learned. Review the information in the materials and think about what you can do to make your community smoke-free.

Here is a list of things you can do to protect children in your family day care home from secondhand smoke. Check off the ones you could do.

_____ I will ask smokers not to smoke in my home.

_____ I will tell parents what I have learned about secondhand smoke.

_____ I will give the children the Smoke-Free coloring books.

_____ I will help a friend to quit smoking.

Additional activities: _____

X. Resources:

Massachusetts Department of Public Health

Office for Nonsmoking and Health

Telephone numbers: (617) 727-0732

1-800-562-0102

American Cancer Society

247 Commonwealth Avenue

Boston, MA 02116

Telephone numbers: (617) 267-2650

1-800-952-7664

American Lung Association of Massachusetts

803 Summer Street

Boston, MA 02127

Telephone number: (617) 267-9720

Your local health center or hospital

Write the number here:

PUBLIC HEALTH FACT SHEET

Parents' Smoking, Children's Health

Massachusetts Department of Public Health, 150 Tremont Street, Boston, MA 02111



Is your child smoking? Is your baby smoking?

When people smoke it affects everyone around them. Children who live with smokers are harmed by breathing "secondhand smoke." That's why experts say that when you or anyone else smokes in front of your child, your child is smoking too. If you are breast-feeding, your baby gets a dose of nicotine with every meal even if you never smoke in the house. The nicotine from your cigarette stays in your breast milk for up to 5 hours after you smoke.

What happens to a child whose parents smoke?

Children whose parents smoke are sick more often. Some of the problems they have are:

- more coughs, colds and sore throats
- more earaches and ear infections
- slower lung development
- more sickness in children with asthma, allergies and other chronic illnesses
- more risk of lung cancer and other serious diseases when they grow up
- more likely to become smokers themselves, increasing their risk of serious illness and early death

Why is tobacco smoke so harmful to children?

Indoor tobacco smoke contains 4,000 chemicals. Many of these cause cancer, either by themselves or in combination with other pollutants. Children are more at risk than adults because they breathe 2 to 3 times more pollutants for every pound they weigh than adults do.

Is a parent's smoking dangerous for children in other ways?

Yes, there are safety hazards too. Young children may reach into an ashtray and burn themselves. They may put toxic ashes and cigarette butts into their mouths. They can choke on the filter tips. They can burn themselves with matches or lighters, or accidentally start a fire. Every year in the U.S., 1,500 people are killed and 3,400 are injured in fires caused by smoking. Children under five and the elderly are most likely to be killed or injured in a fire.

What can you do to protect your child's health?

Quit smoking! When you quit, you add years to your life and to your child's life. You will also improve your own health and the health of your whole family.

What can you do if you can't quit right away?

While you are trying to quit, you can take these steps to protect your child's health:

- Never smoke while you are washing, dressing or playing with your child.
- Never smoke in the room where your child sleeps, and don't let anyone else smoke there.
- Smoke only outside the house, if you can.
- Don't give up trying to quit. Most people who've quit had to try more than once.

What are the benefits of quitting?

The air in your home will be cleaner. You and your whole family will be healthier. You'll save money that you used to spend on cigarettes. And, your child will be less likely to smoke when she or he gets older.

How will your quitting keep your child from smoking later?

Children watch their parents to see how adults act. If you smoke, your child will think smoking is a way to act "grown up." Studies show that children of smokers are more likely to become smokers themselves. Children whose parents do not smoke are less likely to become smokers. By quitting now, you can set a good example for your children for years to come.

Where can you get more information?

Massachusetts Department of Public Health
Office for Nonsmoking and Health (617) 727-0732

Your doctor, nurse, or local clinic

September 1989



A Joint Project of
the Massachusetts Department of Public Health
and
the Massachusetts Health Research Institute, Inc.

Supported in part by Project #MCJ-256024 from the
Maternal and Child Health Bureau
(Title V, Social Security Act)
Health Resources and Services Administration
U. S. Department of Health and Human Services

Honorable William F. Weld
Governor, Commonwealth of Massachusetts

David P. Forsberg
Secretary, Executive Office of Health and Human Services

David H. Mulligan
Commissioner, Department of Public Health

This study guide was developed by project staff and is based on training sessions presented to family day care providers who participated in the program. If you have questions or comments, please call the Office for Nonsmoking and Health at (617) 727-0732.

